

Braden Diabetes Center – 2021 Classes & Support Groups

Classes and groups are now offered remotely via Telehealth. Please call the [Braden Diabetes Center](#) to register, and to receive details related to your class or support group: 1-415-925-7370.

Classes

- **Diabetes Self-Management Education** (Month-long program, call our office for current schedule)
This class provides comprehensive diabetes education for mastering the basic self-care skills for your lifelong journey, including: Blood glucose monitoring, medical nutrition therapy, flexibility & coping strategies, reducing the risk of complications, and exercise & lifestyle coaching.
- **Diabetes Prevention Program** (Year-long program – call us for the current schedule) In this class, you will learn how to set wellness and nutritional goals based on your own unique needs, hear innovative ideas for healthy eating and lasting behavior change and discuss exercise options to fit your lifestyle
- **Diabetes Prevention 101** (Single class, offered on a bi-monthly basis – call us for the current schedule) In this class, you will learn the steps you can take today to actually prevent type 2 diabetes and understand how taking action now can have a profound influence on your future health.

Support Groups

- **Type 1 Diabetes Support Group** (Meets the first Thursday of each month, from 5:30 – 6:30 pm). This support group is a safe place to share/vent your experience, expand your knowledge and skills, meet others with Type 1 Diabetes and feel a sense of community.
- **Type 2 Diabetes Support Group** (Meets the second Wednesday of each month, from 3:30 – 4:30pm) This support group provides comfort and assistance for community members with type 2 diabetes, and offers a welcoming environment for participants to find common ground, exchange tips, and encourage each other on their journey through life with Type 2 Diabetes.